

# Nutrition Snippet

## WHAT IS A SERVE?



1 medium  
piece

OR



2 small  
pieces

OR



1 cup  
chopped

**One serve of fruit is about 150g or one cup**

- Try weighing and measuring different fruit to see how much you eat.
- Aim for 2 serves a day.

For fruit recipes  
and more visit

[healthylunchbox.com.au](http://healthylunchbox.com.au)



**Cancer Council**  
Healthy Lunch Box